

Homemade Turkey Breakfast Sausage Patty

Sage, thyme, fennel seed and crushed red pepper spice up these lean breakfast patties.



Control the sodium and fat in your breakfast by making your own homemade turkey sausage patties.

Ingredients:

- 1 pound 85 percent lean ground turkey
- 1 teaspoon ground fennel seed
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon crushed red pepper, or to taste
- Nonstick cooking spray

Preparation:

Combine all ingredients, except the cooking spray, in a bowl. Cover bowl and chill for at least an hour, but preferably overnight, to allow the flavors to meld.

When ready to cook your patties, shape into eight thin patties.

Spray a skillet with nonstick cooking spray and heat over medium heat.

Place patties in pan and cook for 3 minutes. Flip and cook for another 2 to 3 minutes, or until the turkey is cooked through.

Nutrition Facts

Yield 8 servings

Amount Per Serving

Calories 105

Fat 7 g

Saturated fat 2 g

Protein 10 g

Carbohydrates 1 g

Fiber 0 g

Sodium 31 mg

M52755 5/13
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Recipe Source: myOptumHealth



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